

# Supporting your child to learn from home



To increase physical distancing across NSW and to slow the spread of coronavirus (COVID-19), children are required to stay at home. Where this is not possible, attendance at school is available for children of essential workers, like NSW Ambulance staff.

## You can support your child by...

- Providing age appropriate supervision and support based on your child's individual needs and development stage
- Checking communications sent by teachers
- Assisting your child to manage their time and pace their work
- Monitoring how much non-school online time your child is spending

## Setting up a learning environment

Every home is different. Where possible, provide a quiet and comfortable space for your child's learning. Lengthy learning blocks ideally take place in a space your family shares (e.g. a lounge room or dining room). These spaces are preferable over a bedroom as they are easier to supervise and your child can feel connected. Ensure your child has the tools needed to complete work, including stationary and internet connection (where possible).

## Establishing routines

Establishing a healthy daily routine is important for greater physical and mental wellbeing, as well as concentration and learning. Encourage regular exercise breaks. This might mean using exercise videos online, going for a walk, using exercise apps, dancing, or using home exercise equipment.



## Morning check-in questions

Have an age appropriate conversation about expectations each day.

- What are you learning today?
- What are your goals?
- How will you spend your time today?
- Do you need any resources or support?

These questions allow your child to process instructions from teachers.

## Afternoon check-in questions

- What did you learn today?
- What was something that went well today?
- What was challenging? Who will we turn to for help? How will you face this challenge if it comes up again?

You can also check in with your child throughout the day depending on their needs.

## Troubleshooting;

- Are you ok? Just listen, clarify and reflect back what you hear. Often this is enough for your child to feel heard. No solutions needed. If not;
- Do you need to ask your teacher for something?
- What would make tomorrow a better day? Brainstorm ideas. Ideally the ideas come mainly from your child with suggestions from you.

## MAINTAINING YOUR WELLBEING ASSISTS YOUR CHILD AND YOUR FAMILY

When you activate your own self-care plan you are role modelling what to do in tricky times. You are also building your energy reserves to persevere with some of the challenges that home based learning may present.

This will include giving yourself compassion, recognising that this is a challenging time, and that your role is to support learning, not become a teacher.

Check out some of the other fact sheets on the NSW Ambulance Families page

[www.ambulance.nsw.gov.au/fonassn](http://www.ambulance.nsw.gov.au/fonassn)



## MORE INFORMATION ON LEARNING FROM HOME

The NSW Department of Education has developed some more advice for parents about helping their children to learn at home.

<https://education.nsw.gov.au/teaching-and-learning/learning-from-home>